

# Understanding and Addressing Addiction with First Americans: Contextual & Clinical Considerations

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# Objectives

## ▶ Topics

- ▶ Historical & Legal Issues in Tribal Communities
- ▶ A Wellness and Biopsychosocial-Spiritual Approach Among First Americans
- ▶ Contextual Factors of Addiction in First American Communities
- ▶ Indigenized Counseling Approaches for Serving First Americans
- ▶ Specialized Addiction Treatment Resources for First Americans

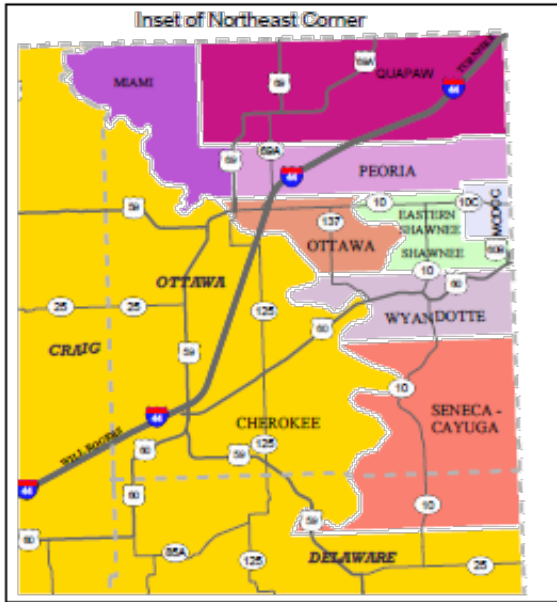
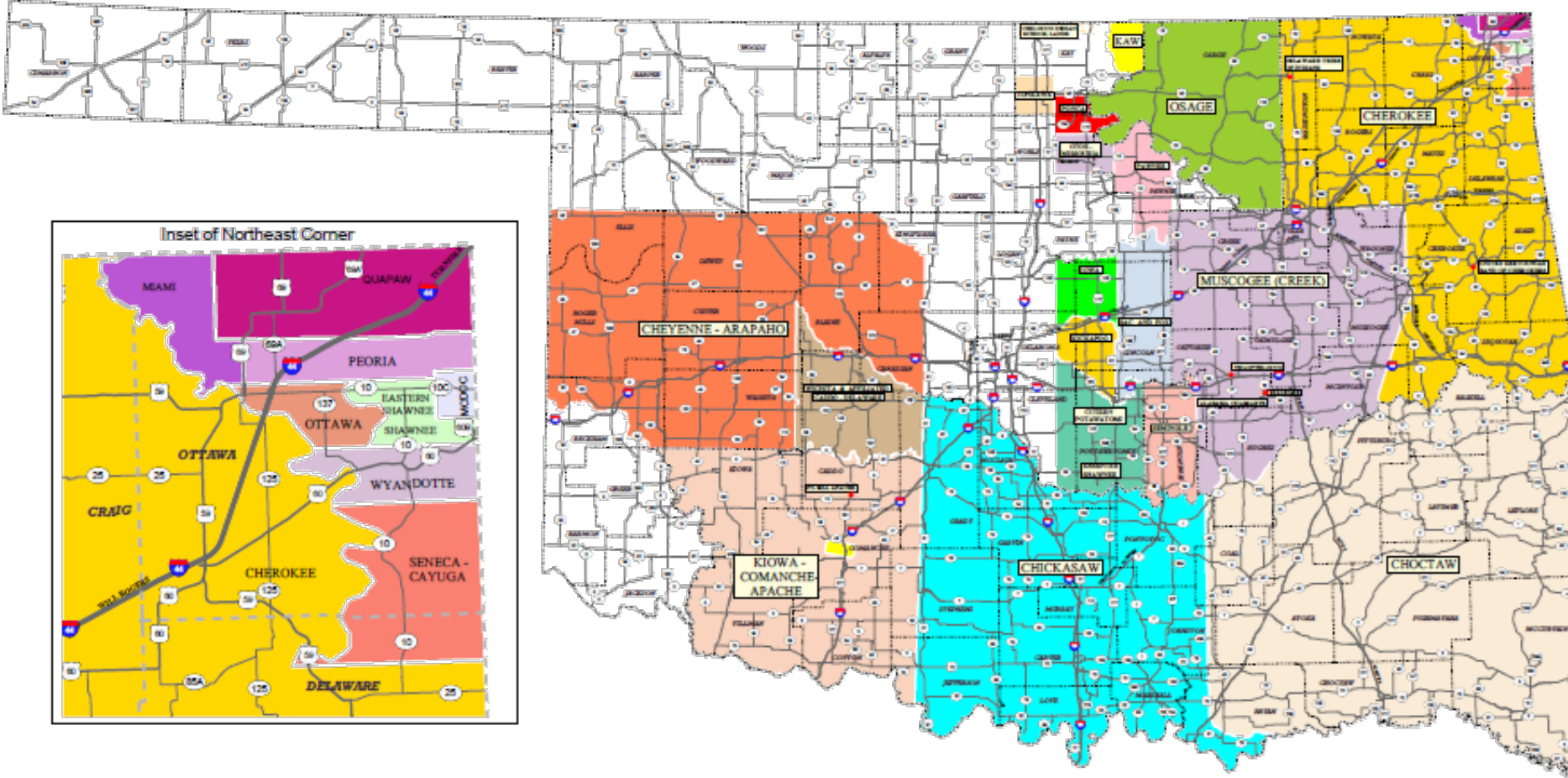
# First American Nations

- ▶ 574 federally recognized tribes in the U.S.
- ▶ 38 federally recognized tribes in Oklahoma
- ▶ Over 43% of Oklahoma consists of Indian Reservations (Indian Country)
- ▶ Approximately 2.5 million tribal citizens in the U.S.
- ▶ 22% live on reservations
- ▶ 6% live in urban areas
- ▶ 0.7% of the U.S population
- ▶ 11% of Oklahoma population

# First American Nations' homelands



# TRIBAL JURISDICTIONS IN OKLAHOMA



OKLAHOMA DEPARTMENT OF TRANSPORTATION  
 PLANNING & TECHNICAL SERVICES  
 1100 EAST UNIVERSITY AVENUE  
 SUITE 2000, OKLAHOMA CITY, OKLAHOMA 73106

38 FEDERALLY RECOGNIZED TRIBES					
			(Tribal boundaries provided by the Bureau of Land Management)		
ABIAKON CHIAPIKI TRIBE	CHOCTAW NATION	CHOCTAW TRIBE	MUSKOGEE CREEK NATION	OSAGE TRIBE	PEORIA TRIBE
ADIRONDACK TRIBE	CITIZEN KICKAPOO TRIBE	OSAGE NATION	OSAGE TRIBE	OSAGE TRIBE	PEORIA TRIBE
APACHE TRIBE	CHOCTAW NATION	OSAGE TRIBE	OSAGE TRIBE	OSAGE TRIBE	PEORIA TRIBE
CADDO TRIBE	CHOCTAW NATION	OSAGE TRIBE	OSAGE TRIBE	OSAGE TRIBE	PEORIA TRIBE
CHICKASAW TRIBE	CHOCTAW TRIBE OF OKLAHOMA	OSAGE TRIBE	OSAGE TRIBE	OSAGE TRIBE	PEORIA TRIBE
CHOCTAW - WAGON TRIBE	CITIZEN KICKAPOO TRIBE	OSAGE TRIBE	OSAGE TRIBE	OSAGE TRIBE	PEORIA TRIBE
CHOCTAW NATION	PEORIA TRIBE	OSAGE TRIBE	OSAGE TRIBE	OSAGE TRIBE	PEORIA TRIBE
		OSAGE TRIBE	OSAGE TRIBE	OSAGE TRIBE	PEORIA TRIBE
		OSAGE TRIBE	OSAGE TRIBE	OSAGE TRIBE	PEORIA TRIBE
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2010  
 TRIBAL JURISDICTIONS

# First American Nations

- ▶ U.S. Federal trust obligations
  - ▶ Protection of lands and rights
  - ▶ Protection of sovereignty and self-governance
  - ▶ Provision of social, medical, and educational services

# Indian Health Care Improvement Act

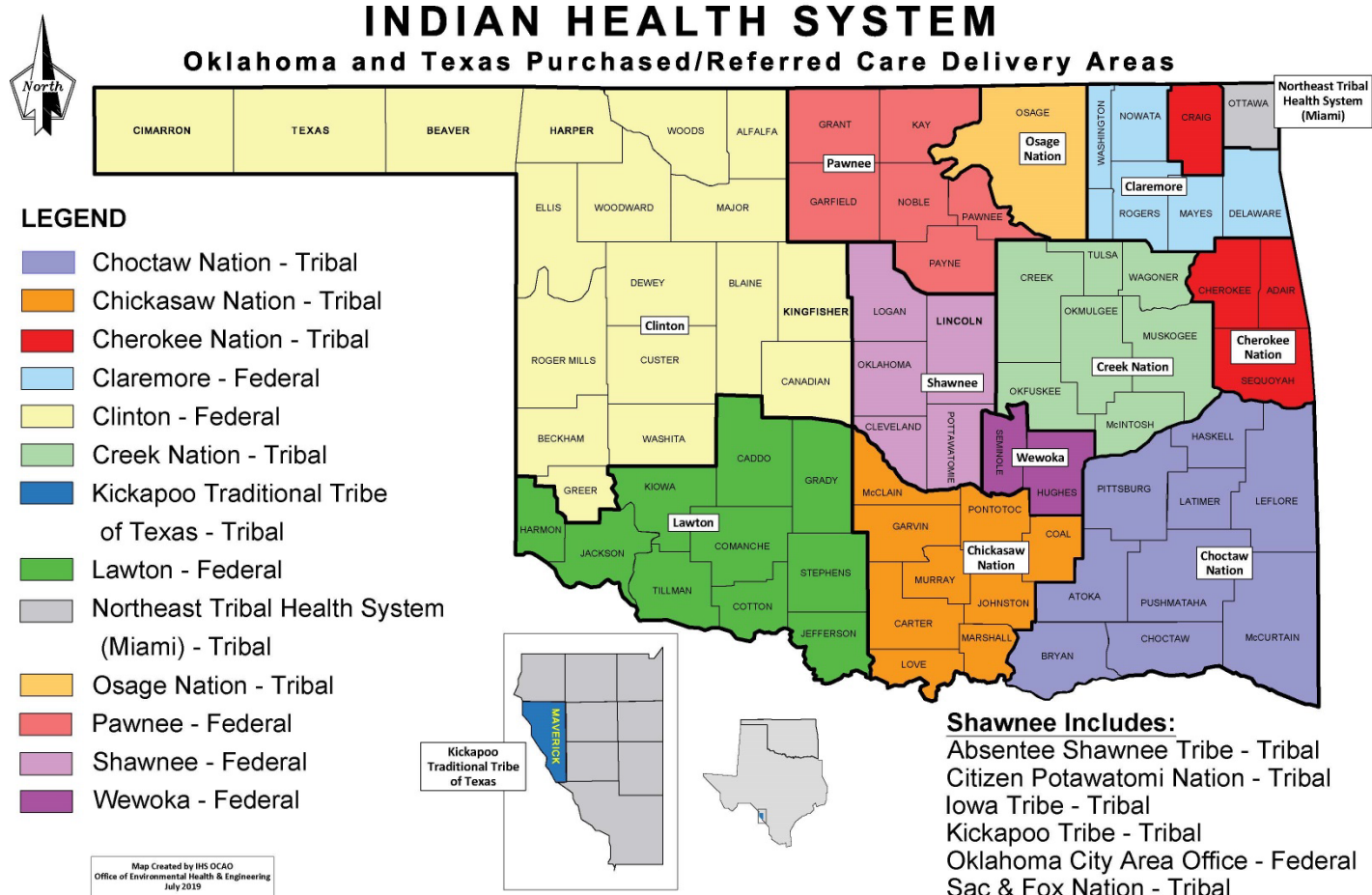
- ▶ Patient Protection and Affordable Care Act P.L. 111-148
  - ▶ Indian Health Care Improvement Act
    - ▶ P.L. 94-437 (1975)
    - ▶ P.L. 102-573 (1992)
- ▶ Indian health funding
- ▶ Indian health professionals
- ▶ Health services
  - ▶ On-site
  - ▶ Purchased and referred care (PRC)
- ▶ Health facilities

# Indian Self-Determination and Education Assistance Act

- ▶ Authorizes tribes to contract with Indian Health Service to administer health programs for eligible Indian people
- ▶ Tribally administered behavioral health programs
  - ▶ 54% of IHS-supported mental health programs
  - ▶ 84% of IHS-supported substance use treatment programs



# Tribal Health Delivery Areas



# Eligibility for IHS-Funded Health Care Services

- ▶ Membership in a federally-recognized tribe
  - ▶ Factors can include
    - ▶ Tribal enrollment
    - ▶ Residing on Indian Land
    - ▶ Actively participating in tribal affairs
- ▶ Non-Indians
  - ▶ Children of eligible Indians
  - ▶ Spouses of Indians, depending on the tribe
  - ▶ Pregnancy and post-partum care for non-Indian mothers
  - ▶ Other special circumstances (public health)

# Court Rulings

- ▶ McGirt v Oklahoma
- ▶ “It is the most significant Indian Law case in well over 100 years.” -Robert J. Miller
- ▶ State initially extended McGirt to post-conviction cases and active cases
  - ▶ Led to dropping reversing sentences, dropping cases, and eventually refileing cases
- ▶ Chief Justice Roberts recommends adding new judgeships; 3 in Eastern Oklahoma District and 2 in Northern Oklahoma District

# Court Rulings

- ▶ Tribes are transforming their courts
- ▶ “Prior to *McGirt*, in 2019, I had one full-time prosecutor who did both juvenile and criminal cases. Today, I have eight full-time prosecutors,”  
-Sara Hill, attorney general for the Cherokee Nation.

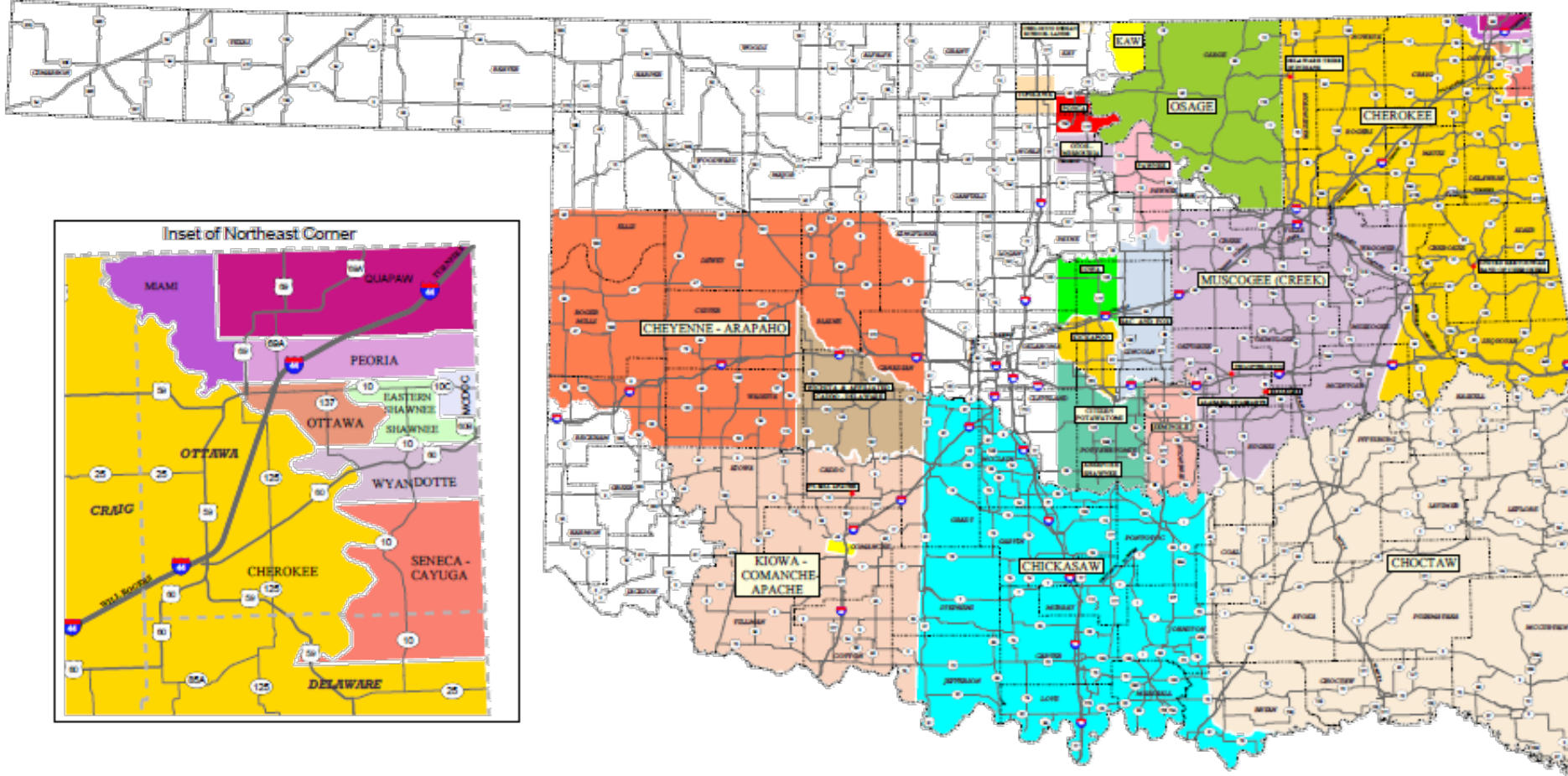
# Court Rulings

- ▶ Matloff v Wallace
- ▶ The state court ruled it would NOT review cases retroactively if the case was final before the *McGirt* decision
- ▶ Post conviction relief reversals

# Impact

- ▶ Indian Child Welfare cases
- ▶ Forensic Mental Health cases
- ▶ District Court Diversion Programs and Specialty Courts
- ▶ Tribal Healing to Wellness Courts
- ▶ Cross jurisdictional partnerships

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ABILENE CHAMBER TOWNSHIP	CHOCTAW NATION	COMANCHE TOWNSHIP	CHICKASAW NATION	CHOCTAW TOWNSHIP	ACTO-CITATION TOWNSHIP OF CHOCTAW
ADAMS-SUMMIT TOWNSHIP	CITIZEN NATION	DAWSON TOWNSHIP	CHICKASAW TOWNSHIP	CAKANDI TOWNSHIP	WENDELL-SUMMIT TOWNSHIP
ANCHAS TOWNSHIP	CHOCTAW TOWNSHIP	DELAWARE TOWNSHIP	CHICKASAW TOWNSHIP	CHICKASAW TOWNSHIP	WYANDOTTE TOWNSHIP
ARCADE TOWNSHIP	CHOCTAW TOWNSHIP	DELAWARE TOWNSHIP	CHICKASAW TOWNSHIP	CHICKASAW TOWNSHIP	
ARCADE TOWNSHIP	CHOCTAW TOWNSHIP	DELAWARE TOWNSHIP	CHICKASAW TOWNSHIP	CHICKASAW TOWNSHIP	
ARCADE TOWNSHIP	CHOCTAW TOWNSHIP	DELAWARE TOWNSHIP	CHICKASAW TOWNSHIP	CHICKASAW TOWNSHIP	
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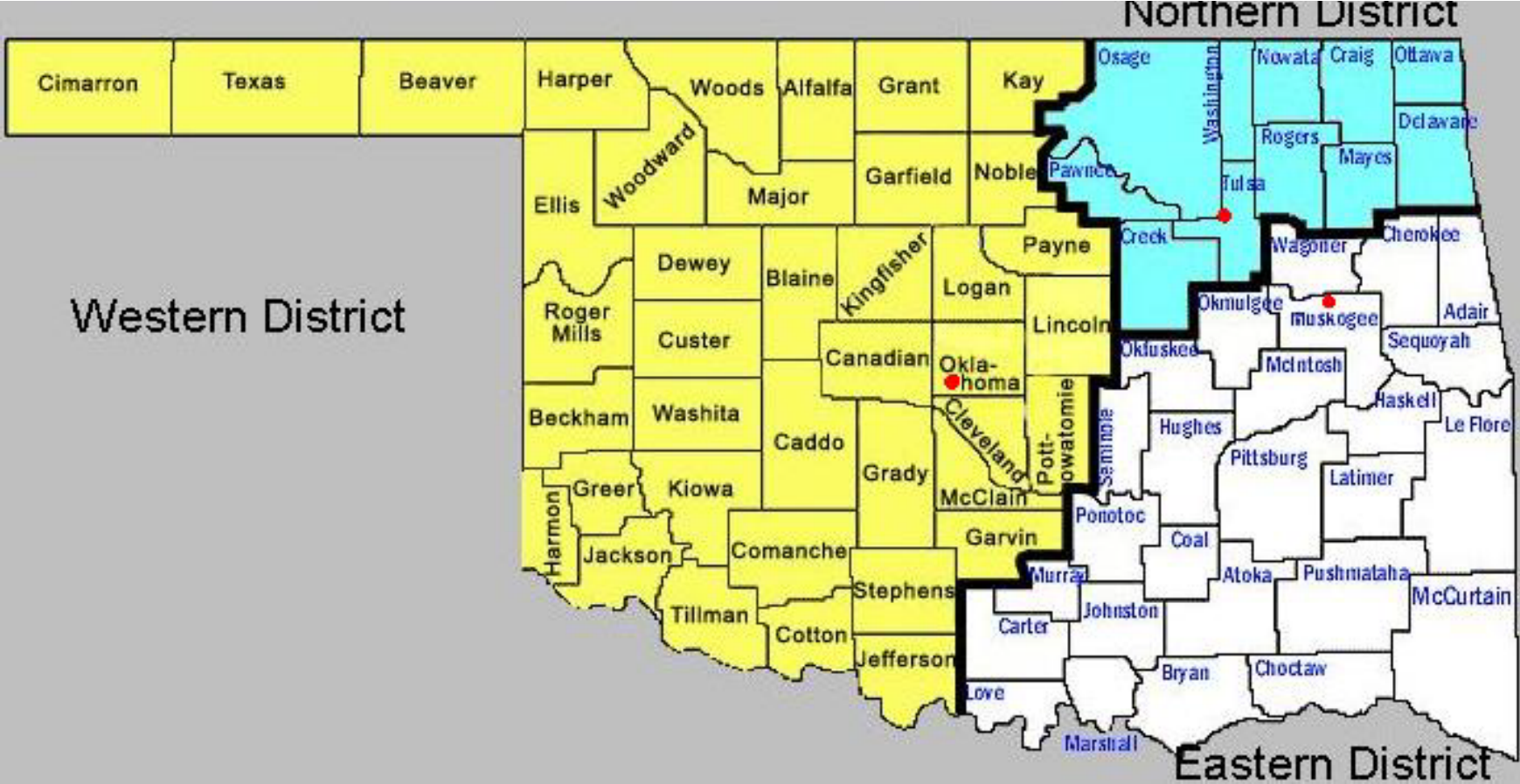


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TRIBAL JURISDICTIONS



# Oklahoma Federal Court Districts





# Oklahoma State Court Districts

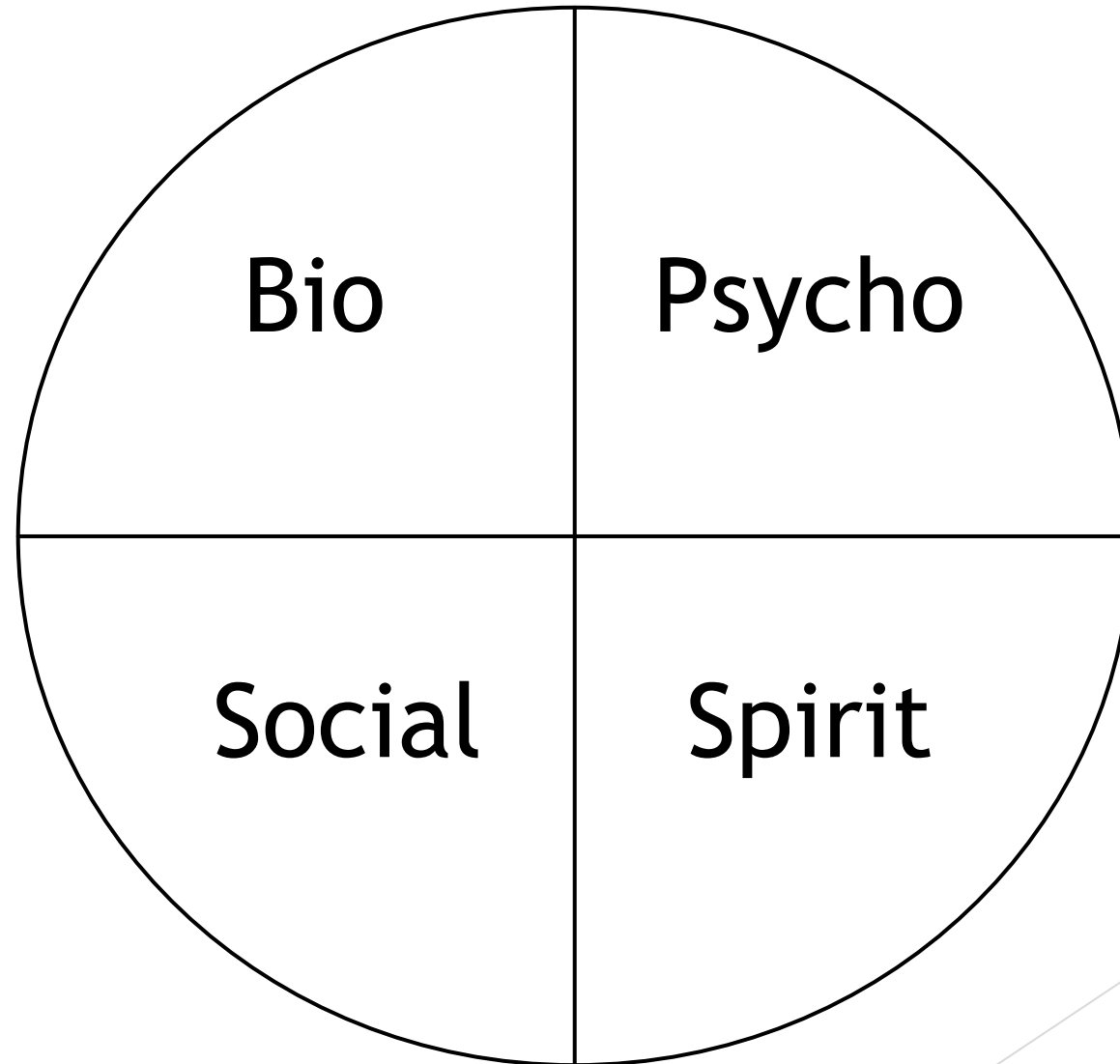


# Model of Wellness

(Hodge, et. al, 2009)

- ▶ Holistic
- ▶ Connection
- ▶ Balance
- ▶ Harmony

# A Biopsychosocial-Spiritual Approach Among First Americans



# Contextual Factors of Addiction in First American Communities

- ▶ “We continue to address the impacts of alcohol and drugs...now is the time to address the source of these symptoms, historical and intergenerational trauma.”
  - ▶ Tribal leader, White House Tribal Nations Conference, 2014 (The National Tribal Behavioral Health Agenda, page 45)

# Contextual Factors of Addiction in First American Communities

- ▶ “...somebody said all Native Americans are [suffering from] post-traumatic stress. I agree...we have to provide some kind of service, utilizing again our culture to deal with post-traumatic [stress]....We’re just beginning to develop our [traditional] ways and means, those used in our cultural/spiritual ways...and they’re working.”
  - ▶ Tribal citizen, Gros Ventre (Gone, 2013)

# Historical Trauma

- ▶ “...collective complex trauma inflicted on a group of people who share a specific group identity or affiliation...It is the legacy of numerous traumatic events a community experiences over generations and encompasses the psychological and social responses to such events.” (Evens-Campbell, 2008)
- ▶ Losses
  - ▶ Lives and land
  - ▶ Sovereignty, freedom, self-determination
  - ▶ Communities and families
  - ▶ Traditions, cultural, and religious practices (illegal from 1978-1978)
  - ▶ Language

# Historical Trauma

- ▶ Historical trauma is distinct from Post Traumatic Stress Disorder
  - ▶ Complex
  - ▶ Collective
  - ▶ Cumulative

# Traumatic Life Events

- ▶ On average, First American's encounter violence more than twice as often as other Americans (Perry, 2004)
- ▶ Three quarters of First American women seeking primary care reported experiencing childhood abuse or neglect, with 40% reporting severe childhood maltreatment (Duran et al., 2004)
- ▶ One third of First American women have experienced sexual assault (Amnesty International, 2007)
- ▶ Fewer than 50% of First American women experiencing violence report it and of those, only 10-40% are prosecuted
- ▶ 61% of First American children reported experiencing at least one traumatic event with two thirds reporting experiencing two or more such events (Jones et al., 1997)



# Addiction Statistics

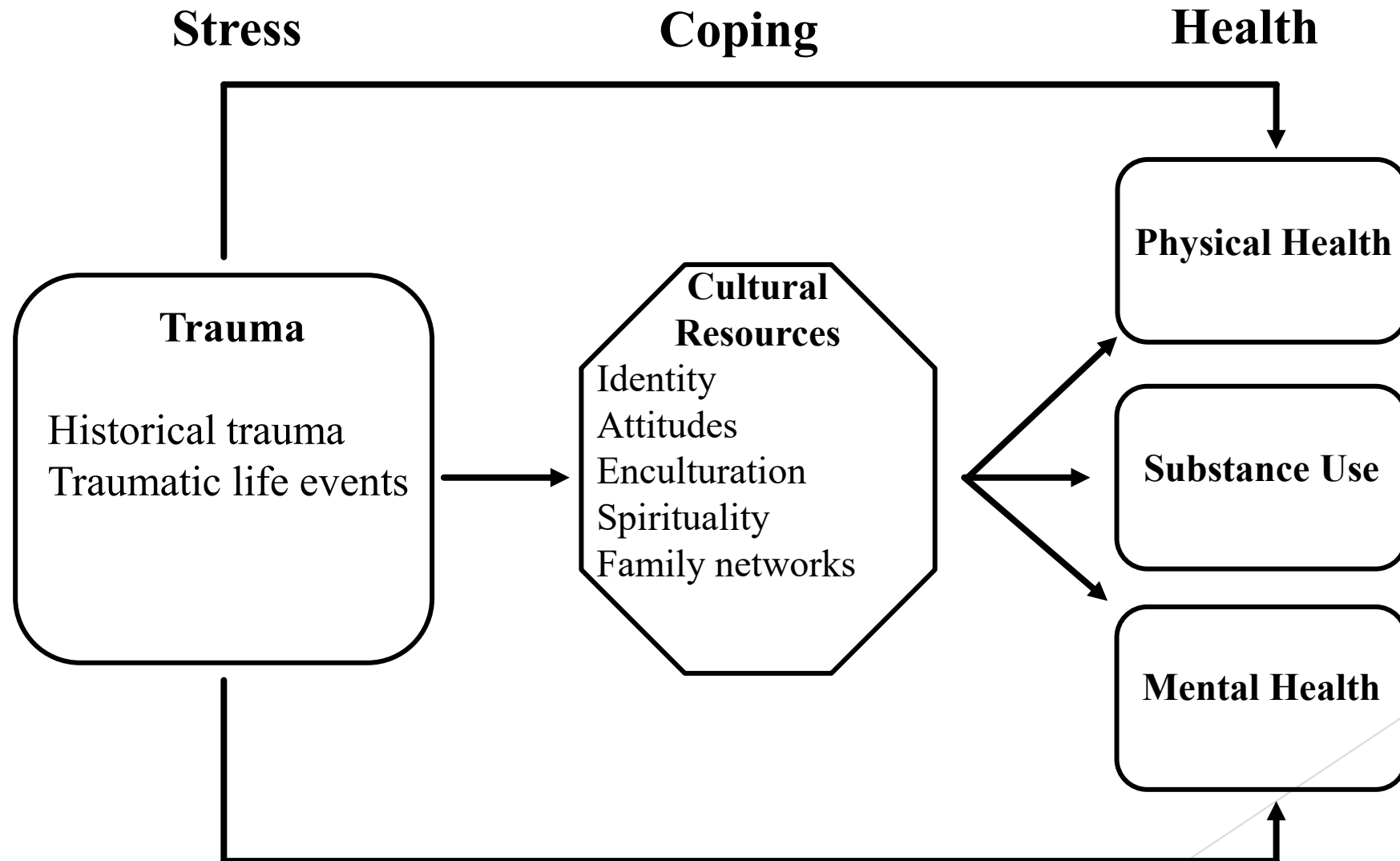
- ▶ American Indian Service Utilization, Psychiatric Epidemiology, Risk and Protective Factors Project
  - ▶ Less likely to drink compared to other ethnic groups
  - ▶ However, those who do drink are more likely to binge
  - ▶ 1.5-2.5 times more likely to report alcohol dependence
  - ▶ 2-3 times more likely to report drug dependence
  - ▶ 2-3 times more likely to report PTSD

# Additional Statistics

- ▶ One-third of First Americans live below the federal poverty line (twice that of the general US population).
- ▶ Approximately one in five First American adults has not graduated from high school. (Education is shown to be a protective factor against addiction)
- ▶ First Americans suffer from higher rates of problematic health conditions
- ▶ First Americans have higher rates of death from tuberculosis, diabetes, unintentional injuries, and alcohol-related causes.
- ▶ Life expectancy among First Americans is six years lower than the US average.

# Stress-Coping Model of Health

(adapted from Walters, et al., 2002)



# Cultural Resources

- ▶ Identity
  - ▶ Assess cultural identity(ies)
  - ▶ Living in two worlds
  - ▶ Which parts of which culture make up their identity
- ▶ Attitudes
  - ▶ What is meaningful to them?
  - ▶ Thoughts about healing (harmony & balance)
    - ▶ What do they think they need to heal? (connections)
    - ▶ What does healing look like?



# Cultural Resources

- ▶ Enculturation
  - ▶ Cultural values
  - ▶ Traditional ways
  - ▶ Spirituality

# Cultural Resources

- ▶ American Indian Enculturation Scale
  - ▶ Attend Indian church
  - ▶ Attend Indian ceremony
  - ▶ Choose Indian activity before others
  - ▶ Socialize with Indians and have Indian friends
  - ▶ Use Indian medicine
  - ▶ Seek help from Elders
  - ▶ Attend pow-wows
  - ▶ Sing Indian songs
  - ▶ Participate in Indian prayers

# Cultural Resources

- ▶ American Indian Enculturation Scale
  - ▶ Write Indian stories
  - ▶ Eat or cook Indian food
  - ▶ Do Indian art
  - ▶ Use or know the Indian language
  - ▶ Attend Indian dances
  - ▶ Know or participate in tribal politics
  - ▶ Know or share Indian history
  - ▶ Work in Indian Communities/Populations

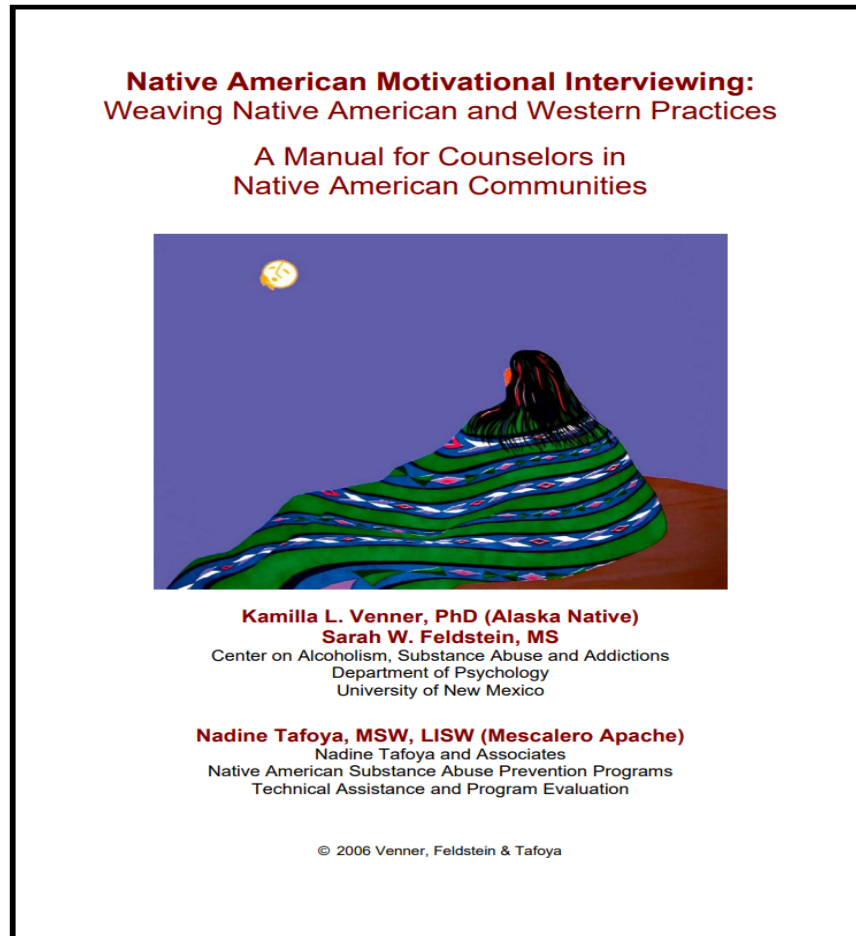
# Cultural Resources

- ▶ Family Network
  - ▶ Relational worldview
  - ▶ Ask about definition of family
    - ▶ “When I ask about your family, who do you think of?”
  - ▶ 50% of First American family households include extended family members
  - ▶ 25% of First American Family households include at least one member who is not a biological relative
  - ▶ 30% of First American families are headed by single mothers
  - ▶ High number of grandparents raising grandchildren



# Motivational Interviewing

## Increasing Change Talk



# Motivational Interviewing

- ▶ “I believe that Motivational Interviewing is already in our culture...Native cultures.” (Venner, et al., 2006)
- ▶ Motivational Interviewing is a person-centered method for addressing ambivalence about change
- ▶ Form of brief therapy (1-4 sessions)
- ▶ Can be blended with other therapies (e.g., MET-CBT)
- ▶ Can be used in a variety of settings and by a variety of professionals

# Motivational Interviewing

- ▶ Motivation for change honors the wisdom within the client instead of trying to force a therapist's wisdom upon the client
- ▶ The client is seen as a person rather than a problem
- ▶ Provides humble, respectful, and active guidance in helping the client examine and move forward with their feelings about change
- ▶ Persuasion is not an effective method because trying to convince others to change often invites them to argue against change

# Motivational Interviewing

- ▶ Counseling style is peaceful and draws the wisdom out from the inside of the client
- ▶ Readiness for change is not steady and depends on client's internal and external environments (i.e., employment, financial status, and social relationships including family friends, and community)
- ▶ Therapeutic relationship is more of a partnership rather than an expert talking to a patient

# Motivational Interviewing

“We have to honor the wisdom in the client and then to be able to not see a person that’s an alcoholic, but see that person in the community; that’s a grandmother or grandfather, honoring them for who they are, and everyone has wisdom to bring that honor to them and to allow their wisdom to come out.”

-Navajo female

# Motivational Interviewing

- ▶ Based on three key elements:
  - ▶ Collaboration
  - ▶ Evocation
  - ▶ Autonomy

# Motivational Interviewing

DARN-C (Venner, et al., 2006)

- ▶ Disadvantages of using substances
- ▶ Advantages of changing
- ▶ Reasons for changing
- ▶ Need to change
- ▶ Commitment to change

## Strategies to Improve Motivation to Change

### Readiness to Change Ruler

At this moment, what number best reflects how ready you are to \_\_\_\_\_?

0	1	2	3	4	5	6	7	8	9	10
Not Ready			Unsure					Ready		

### Importance and Confidence in Change

How important is it that you \_\_\_\_\_?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Not at all Most Important

How confident are you that you can \_\_\_\_\_?

0-----1-----2-----3-----4-----5-----6-----7-----8-----9-----10  
Not at all Most Important

### Decisional Balance

Benefits of Changing

Costs of Changing

Benefits of Changing	Costs of Changing



## Problem-Solving Worksheet

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1. Write out the problem:

2. Brainstorm all possible solutions. Write down anything you can think of. The goal is to get your mind flowing with ideas:

3. Critically evaluate your ideas.

a. Cross out any that are clearly unrealistic, outside your control, or impossible.

b. Of those that remain, circle the top three. Write the top three below in any order.

\_\_\_\_\_

c. For each one list all of the possible pros and cons.

Pros: \_\_\_\_\_ Pros: \_\_\_\_\_ Pros: \_\_\_\_\_

\_\_\_\_\_

Cons: \_\_\_\_\_ Cons: \_\_\_\_\_ Cons: \_\_\_\_\_

\_\_\_\_\_

4. Considering your pros and cons, select one that you feel has the best chances of working.

5. Implement the chosen solution. Define how you will know if the solution is working.

\_\_\_\_\_

6. Assess the outcome on the following scale

\_\_\_\_\_

No improvement

\_\_\_\_\_

Little Improvement

\_\_\_\_\_

Some Improvement

\_\_\_\_\_

A lot of Improvement

\_\_\_\_\_

Total Improvement

7. If the outcome is favorable, fine-tune the solution as needed and continue to monitor; if the outcome is unfavorable, return to Step 4.

# Solution-Focused Brief Therapy

## Increasing Solution Talk

- ▶ Social-constructivist approach
  - ▶ Client's perspective
  - ▶ Client is the expert
- ▶ Emphasizes what is working rather than being problem-focused
- ▶ Future focused
- ▶ Wellness oriented focusing on client competence
- ▶ Empowers clients to identify their own solutions

# Solution-Focused Brief Therapy

- ▶ Questioning Techniques
  - ▶ Pre-session change question
  - ▶ Relationship questions
  - ▶ Exception questions
  - ▶ Coping questions
  - ▶ Scaling questions
  - ▶ Miracle question

# Solution-Focused Brief Therapy

(Adapted by Meyer & Cottone, 2011)

## ▶ Questioning Techniques

- ▶ Pre-session change question (change is constant)
- ▶ Relationship questions (family & community orientation)
- ▶ Exception questions (circular process: ALL EARS)
- ▶ Coping questions (culture specific and holistic coping)
- ▶ Scaling questions (adjust to emphasize transitions and change)
- ▶ Miracle question (adjust for present orientation)

# Internal Family Systems (IFS) Therapy

## “Self” leadership

### Key Concepts

- ▶ Multiplicity of the mind
- ▶ Systemic nature among relationships (internal and external)
- ▶ Inner parts (which interact like an inner family)
  - ▶ Exiles
    - ▶ Carry burdens (legacy burdens and Traumas)
  - ▶ Protectors
    - ▶ Managers (proactive protectors)
    - ▶ Firefighters (reactive protectors)
- ▶ Self (Inner Leader / Spirit / Self energy)

# Internal Family Systems (IFS) Therapy

## Eight Cs of “Self”

- ▶ Calm
- ▶ Connection
- ▶ Compassion
- ▶ Creativity
- ▶ Clarity
- ▶ Curiosity
- ▶ Confidence
- ▶ Courage

# Internal Family Systems (IFS) Therapy

Five Ps of

“How to Be”

- ▶ Present
- ▶ Patient
- ▶ Perspective
- ▶ Persistent
- ▶ Playful

# Internal Family Systems (IFS) Therapy

Six Fs of

“How to do It”

- ▶ FIND the part
- ▶ FOCUS on the part
- ▶ FLESH it out
- ▶ Find how you FEEL towards the part
- ▶ Find out it's FEARS



# Internal Family Systems (IFS) Therapy

(Adapted by the Indigenous Elder IFS Council, 2021)

Seven Bs of Indigenous-inspired IFS

“How to Live It”

- ▶ Blessing
- ▶ Right to Be, Belong, Become
- ▶ humBle
- ▶ Belly laugh
- ▶ EmBodied presence
- ▶ Balance
- ▶ Ceremony as unBurdening

# Additional Practice Based Evidenced Approaches

- ▶ Narrative Therapy
- ▶ Acceptance & Commitment Therapy
- ▶ Dialectical Behavioral Therapy
- ▶ Multiple Family Therapy Approaches

# Specialized Addiction Treatment Resources for First Americans

## **Chickasaw Nation Hina' Chokma Men's Recovery Center**

Residential treatment for adult males.

3115 E. Arlington

Ada, OK 74820

(580) 332 - 6345

(580) 421 - 7724 fax

## **Chickasaw Nation Nittak Himitta' Women's and Children's Recovery Center**

Residential treatment for adult females and their children.

2024 E. Te Ata Dr.

Ada, OK 74820

(580) 235 - 0554

(580) 272 - 1097 fax

# Specialized Addiction Treatment Resources for First Americans

## **Choctaw Nation Recovery Center**

Residential treatment for adult males.

Route 2, Box 1600

Talihina, OK 74571

(918) 567 - 2389

(918) 567 - 2417 fax

## **Chi Hullo Li**

Residential treatment for adult females. Pregnant women welcome. May bring up to 2 children ages 0-11.

Route 2, Box 1774

Talihina, OK 74571

(918) 567 - 2905

(918) 567 - 3255

(918) 567 - 2995 fax

# Specialized Addiction Treatment Resources for First Americans

## **George Hawkins Memorial Treatment Center**

Residential treatment for adult males & females

10320 North Airport Road

Clinton, OK 73601

(800) 247 - 4612 Ext#32370 toll free

(580) 331 - 2370

(580) 323 - 9406 fax

## **Osage Nation Primary Residential Treatment Center**

Residential treatment for adult males & females

518 Leahy

Pawhuska, OK 74056

(800) 317 - 2773 toll free

(918) 287 - 5422

(918) 287 - 1096 fax

# Specialized Addiction Treatment Resources for First Americans

## **Social Development Center**

Residential Development for adult males & females

20 White Eagle Drive

Ponca City, OK 74601

(580) 762 - 6617

(580) 762 - 1550 fax

## **Jack Brown Youth Treatment Center**

Residential treatment for adolescent males & females, ages 13 - 18.

Box 948

Tahlequah, OK 74465

(877) 448 - 0496 toll free

(918) 453 - 5500

(918) 458 - 0499 fax

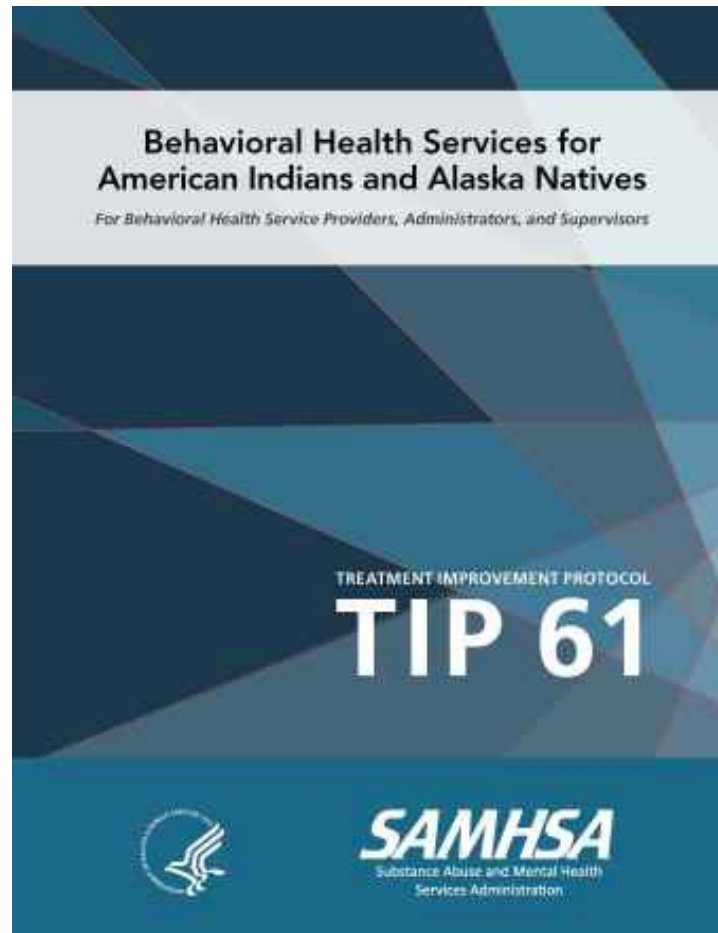
# Specialized Addiction Treatment Resources for First Americans

[wellbriety.com](http://wellbriety.com)

[whitebison.org](http://whitebison.org)

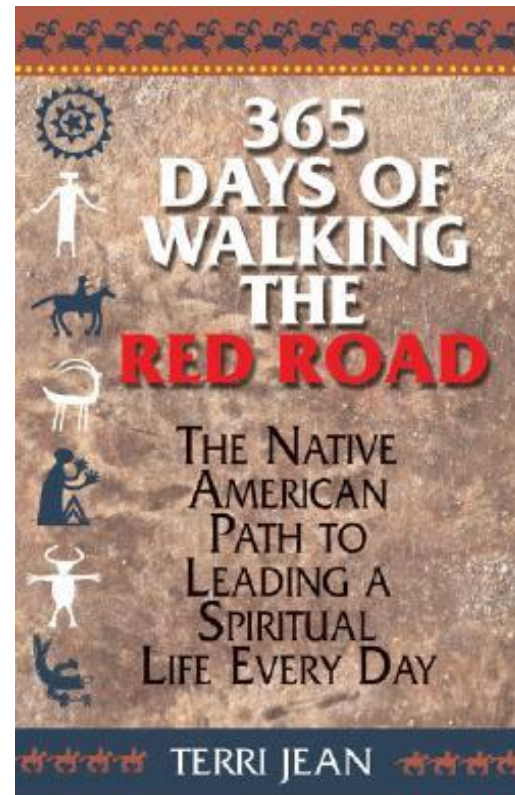
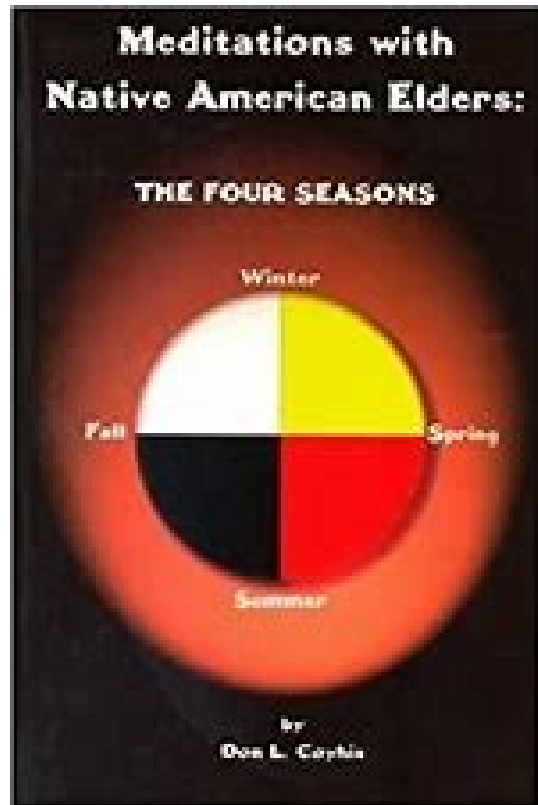
[nativepsychs.org](http://nativepsychs.org) (Society of Indian Psychologists)

# Specialized Addiction Treatment Resources for First Americans





# Specialized Addiction Treatment Resources for First Americans



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